



## Covid-19 –Guidance for Coaches

The UK Government has given approval for grassroots football to take place, and this has been translated into detailed guidance by the FA in relation to football in England. This guide explains the requirements on Exeter Panthers teams wishing to undertake training and games.

- Plan the game or training session so that social distancing is maintained except for the competitive aspects of the activity. All non-competitive activity should be done maintaining social distancing.
- Provide players and players' parents with the relevant guidance documents and gain consent from parents and confirmation that they will comply with the guidance.
- For games, liaise with opposition manager early to ensure both sides are comfortable for the game to be played and that the necessary safety measures can be put in place. If you are the home team, you are responsible for ensuring that you understand any restrictions and you communicate any requirements relating to the match to the opposition coach.
- Remind parents/carers/spectators of the following rules before attending the football activity:
  - Only one parent/carer per child is permitted to attend the football activity.
  - Spectators must not stand in groups and must maintain social distancing.
  - Spectators and players must not touch equipment unless specifically tasked with a role.
  - Only players should retrieve the football if it goes out of play.
  - Spectators should not shout on the side-lines as this increases the risk of transmission.
  - To 'scan in' using the NHS QR Code or provide contact details to the team coach.
  - Any one in attendance must inform the coach if anyone in attendance at the game shows signs of Covid-19 in the days following the match.
- Prior to the activity, mark out designated areas for the coaches, substitutes, equipment and a socially distant refreshment area.
- All equipment, including goal posts and corner flags, should be sterilised before the game.
- Ensure players arrive at the venue in their kit and ready to play football.
- Ensure you have the appropriate first aid equipment, including anti-bacterial hand sanitiser, disposable gloves and mask.
- Cancel the game, or arrange for an alternative coach if:
  - You, or any member of your household, starts to display, or has displayed in the 14 days prior to training, any symptoms of Covid-19
  - You have been instructed to isolate by NHS Test and Trace because you have been in contact with a known Covid-19 case
- Cancel the game or training if it is clear on arrival that it is not going to be possible to set up the session within social distancing guidelines
- Ensure parents/carers 'scan in' on arrival using the NHS QR Code for the venue. If they don't scan in you must record their attendance and retain their contact information for 21 days.



## Covid-19 –Grassroots Football Guidance for Parents/Carers

### PRIOR TO CLUB FOOTBALL ACTIVITY: -

- You should consent for the player to attend the session having been made aware of the following:
  - Guidance on arrival and departure from the session.
  - Location, date, time and duration of the session.
  - Player conduct and the FA's Code of Behaviour.
- **DO NOT** send any individual to club football activity if:
  - they, or any member of their household, are displaying, or have displayed in the 7 days prior to training, any symptoms of Covid-19 or feel unwell.
  - they have been instructed to isolate by NHS Test and Trace because they have been in contact with a known Covid-19 case.
- Ensure the player has washed their hands before leaving home.
- Ensure the player has any medication they may need and it is clearly labelled.
- Ensure the player travels to the session only with members of their own household, or those from their social bubble, and avoid using public transport.
- Ensure the player has a clearly labelled drinking bottle.
- Provide your own hand sanitiser should you wish for the player to clean their hands during the football activity.
- If you plan to stay during the session you should notify the coach in advance and watch from a distance, adhering to all social distancing guidelines at time.
- If staying, on arrival you should scan in using the NHS QR Code at the venue using the NHS Covid-19 App. If you don't scan you must ensure the coach has up to date contact information for you in case it is required by NHS Test and Trace.

### DURING CLUB FOOTBALL ACTIVITY: -

- Only one spectator per player is permitted to stay at matches.
- **ISCA training** – Parents are not permitted to stay, and must remain in their vehicles in the car park whilst sessions take place – when taking players to the meeting point at the start and end of each session, face coverings must be worn.
- Ensure siblings stay with you and do not accidentally come into contact with others.
- If the player starts displaying symptoms of Covid-19 during the session remove them from the group and take them home immediately. Contact NHS 101 and follow their advice.

### AFTER CLUB FOOTBALL ACTIVITY: -

- Let the player come over to you when they are released by the coach.
- DO NOT interact with any other players, parents or coaches from outside of your household.
- Take the player straight home.
- Remove all player's clothing worn during training as soon as possible for cleaning.
- Leave the players boots or other relevant equipment outside of the house.
- Ask the player if they enjoyed the training and ensure they felt safe and secure.
- During the following days, if anyone in attendance at the session tests positive for Covid-19 you must inform the coach immediately.





## **Covid-19 Training Guidance for Senior Players**

### **PRIOR TO TRAINING COMMENCING AS A PLAYER, I SHOULD: -**

- Inform the coach if I, or any member of my household, feel unwell and/or has displayed any symptoms of COVID-19 in the 14 days prior to training, or if I have been instructed to isolate by NHS Test and Trace.
- Ensure I wear a face covering when entering the site at Isca, this can be removed once I commence training.
- Ensure I have washed my hands before leaving for training.
- Arrive on my own (or with someone from my social bubble) and try to avoid using public transport
- Ensure I have any medication I may need.
- If I want to wear a protective mask and/disposable gloves I must bring my own to training.
- Bring my own hand sanitiser should I wish to clean my hands during training.
- Prior to starting training familiarise myself with the training areas and where I can leave my drink etc.

### **DURING TRAINING AS A PLAYER, I SHOULD: -**

- Inform the coach if I feel unwell during the session and leave.
- Adhere to social distancing when not playing game-based practices.
- Listen to the coach at all times
- Only drink from my own drinks bottle.
- Avoid touching my face and spitting during the session.
- Avoid non-essential contact such as celebrating a goal with teammates and handshakes.
- Minimise handling of the ball during play and when retrieving the ball.
- DO NOT handle any other equipment unless directed to by the coach.
- Be alert to my surroundings.
- Enjoy being back at training.

### **AFTER TRAINING, AS A PLAYER, I SHOULD: -**

- NOT collect in any of the equipment used during the training session.
- NOT interact with any other players or coaches from outside my own household/social bubble.
- Go straight home wherever possible and wash your hands.
- Remove all clothing worn during training as soon as possible for cleaning
- Leave boots or other relevant equipment outside of the house.



### **Covid-19 Guidance For Youth Players**

- On arrival, do not approach your friends – the coach will tell you where to go.
- Listen and follow your coach's instructions at all times.
- Try to remain 2 meters away from other players and your coach at all times apart from during games
- Limit contact with other players during games to tackling only.
- Do not shake hands or do goal celebrations.
- Try not to touch the ball with your hands at any time unless playing in goal.
- Do not touch any equipment unless instructed to do so.
- Do not leave unless your coach says you can leave.
- If you feel unwell or upset, please tell your coach.
- Remember to bring your water bottle with your name on.
- Wear a face co